

# Broccoli, Cheese, and Rice Casserole

Meal Components: Dark Green, Grains, Meat / Meat Alternate

I-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked brown rice	2 lb 3 oz	1 qt 2 1/4 cups	4 lb 6 oz	3 qt 1/2 cup	1. For cooked rice, use Cooking Rice recipe (see-B-03). Combi ne rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano (optional)
Frozen chopped broccoli, thawed, drained	5 lb	3 qt 2 1/2 cups	10 lb	1 gal 3 1/4 qt	
Low-fat reduced sodium canned condensed creamof mushroom soup	1 lb 9 oz	3 1/4 cups (1/2 No. 3. cyl can)	3 lb 2 oz	1 qt 2 1/2 cups (1 No. 3 cyl can)	
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups	
Cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups	
OR	OR	OR	OR	OR	

Granulated garlic		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Dried oregano (optional)		1 1/2 tsp		1 Tbsp	
					<p><b>2.</b> Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
Trans fat-free margarine	2 oz	1/4 cup	4 oz	1/2 cup	<p><b>3.</b> Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 1/2 cups) crumbs evenly over each pan.</p>
Enriched dry bread crumbs (optional)	6 oz	1 1/2 cups 2 Tbsp	12 oz	3 1/4 cups	<p><b>4.</b> Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes DO NOT OVERBAKE. CCP: Heat to 140° F or higher. OR If using previously cooked and chilled rice: CCP: Heat to 165° F or higher for at least 15 seconds.</p> <p><b>5.</b> CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop ( 1/2 cup).</p>

Notes
<p>Comments:</p> <p>*See Marketing Guide.</p> <p>Updated July 2014. Restandarization in progress.</p>

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Brown rice long grain, regular	15 oz	1 lb 14 oz

Serving	Yield	Volume
1/3 cup (No 12 scoop) provides 1/2 oz equivalent meat alternate, 1/4 cup dark green vegetable, and 1/4 oz equivalent grains.	<b>50 Servings:</b> about 12 lb 5 oz 2 steamtable pans  <b>100 Servings:</b> about 24 lb 10 oz 4 steamtable pans	<b>50 Servings:</b> about 1 gallon ½ cup  <b>100 Servings:</b> about 2 gallons 1 cup

Nutrients Per Serving					
Calories	137	Saturated Fat	1.92 g	Calcium	156 mg
Protein	7.02 g	Cholesterol	8 mg	Sodium	390 mg
Carbohydrate	19.91 g	Vitamin A	979 IU	Dietary Fiber	1.6 g
Total Fat	3.44 g	Iron	1.04 mg		